

PLANK STEAK FOR STUFFING AND ROLLING



One of the Best Flavored Pieces of Beef.

(Prepared by the United States Department of Agriculture.) A flank steak is one of the best flavored pieces of beef...

sure to roll the steak from the side, not the end; then in carving slices the meat will be cut across the grain.

AIRY SUN SUITS FOR YOUNG GIRLS

Cretonne or Print Will Have All Health Essentials.

(Prepared by the United States Department of Agriculture.) Ready for a morning on the beach...

Sun baths should be given to all well children to keep them well and to many sick children to help make them well.

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to playing in the direct sunshine. Short periods of sunning were given at first, and the garments worn exposed a less extensive area of the body.

Almost any well-fitting commercial romper pattern can be modified for use in cutting sun suits, says the bureau of home economics of the United States Department of Agriculture.

The other little suit of durable cotton print is cut from a pattern that had a crotch cut on the fold of the material so as to give as much freedom and protection as possible.

HOUSEHOLD NOTES

Avoid a high temperature when cooking eggs or egg dishes. Intense heat toughens egg whites.

Finish the walls of a dark hallway with paper or paint of a pleasant yellow color to make it lighter.

FRUIT PUNCH IS ALWAYS DELICIOUS

Appropriate for Community Party of Any Kind.

(Prepared by the United States Department of Agriculture.) A good strawberry punch, sufficient for serving 50 to 75 people...

With a plain vanilla or lemon ice cream, various sauces add much to the appearance, food value, as well as taste.

Chocolate sauces with nuts make a most nutritious dish; caramel, maple and any crushed fruit are all good.

Lemon Banana Sauce.—Cream one-half cupful of butter with one cupful of confectioner's sugar...

Marshmallow Sauce, With Fruit.—Take three tablespoonfuls of marshmallow cream...

Seasonable Dishes. Everybody likes cherry pie, "made as mother used to make it," but here is a new one worth adding to the family recipes:

Sour Cream Cherry Pie.—Put a layer of cherries, good tart ones, in a lined pie plate, using one and one-half cupfuls.

Raspberry Tapioca.—Crush one pint of raspberries, sweeten with one-half cupful of sugar...

Raspberry Bavarian Cream.—Soak two tablespoonfuls of gelatin in one-fourth cupful of water five minutes.

Raspberry Punch.—Add to two cupfuls of crushed raspberries, the juice of three lemons...

Blame Mexican Cookery for Savory Kidney Bean. Mexican cookery is undoubtedly the inspiration of this good dish...

Wash the beans, cover with water, and soak overnight. In the morning bring them to the boiling point, drain, and discard the water.

Light Reading for Maid. Eminent Natural Scientist (to maid)—Mary, have you been borrowing any books from my library?

Adjourned Without Date. "Sine die" means "without day." For instance, when a convention is adjourned "sine die" it means that it is adjourned without fixing any time for another session.

Allow orange marmalade to cool slightly after cooking and stir before putting it in glasses. The peel will then remain evenly distributed instead of rising to the top.



"When the pink rosebuds are swinging So gently in the breeze, And the glorious sun is shining On the swallows in the trees..."

SUMMER DESSERTS

FRUIT SWEETS AND DESSERTS because of the many improvements in ice-cream freezers, are with in the reach of all housekeepers.

Standard Mousse or Parfait.—Take one-half cupful of granulated sugar, one-fourth cupful of boiling water, two egg yolks, one teaspoonful each of flavoring and gelatin...

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SYNOPSIS

Up the wild waters of the unknown Yellow-Leg, on a winter's hunt, Journey Brock, McCain and Gaspard LeCroix, his French-Cree comrade, with Flash, Brock's dog...

CHAPTER X—Continued

"Then Gaspard unfolded his plan. 'I think we ought to wait here, Brock. We find a good place to hide in de creek...

The ice-blue eyes of Brock opened in amazement—then flamed with anger.

"What?" he exploded, choking with the emotions aroused by the suggestion of his partner that he take the valuable fur pack and return safely to the Starving while Gaspard sought a sure death in the north.

"That's all right, but we're partners ain't we? Does a sure enough partner send his friend off on the long chase and run home with his dogs and the fur?"

Gaspard opened his arms in protest. "You have fam'lee—moder, fader. I have onlee brooder, and he ees safe wid my onlee. Last night I hear my fader call. Somew'ere hees bone lie unburied. On de March crust I go fin out how he die. The deep set eyes of the speaker were misty with tears as he looked pleadingly at his friend.

"And I go with you," stormed the white boy. "We're goin' north—and we're comin' back! You understand? both of us! I'm not ready to die, by a whole lot, and I won't let you throw yourself away! I'm goin' with you to see you get back!"

Gaspard smiled helplessly as Brock viewed the loyalty. To attempt to dissuade the strong-willed Scotch lad was as futile as to try to turn back the roaring Yellow-Leg with the hand.

"You are de good partner, Brock; but why hunt fur, if we bot' go nord and leave eet to de carajou?" But Gaspard did not argue it further.

The young trappers were confident that the mysterious disappearance of three of their men had already struck fear to the hearts of the Crees who were trapping north of Big Yellow Lake. The names of "Black Jack" Desaulles and Etienne LeCroix were threats to conjure with—had worked their magic on the snow shod of the lake already would have been marked by the webbed footprints of more than the two solitary scouts who had gone south, never to return.

Still, the day was coming when the red-bearded leader of the free-traders would come south to take his payment for the loss of his men. In the meantime, the boys never for an instant relaxed their vigilance.

In Kivadin, January, with its withering winds and frequent blizzards is a hard month on trappers. New snow fills the beaten sled trails and buries the traps and bait.

The fur bearers are less on the move, and rabbit and wood mouse lie close until hunger drives them forth. But March was to be a busy month for Brock and Gaspard, when they would lift their traps, cache fur and outfit, and start on their dangerous patrol into the country to the north. So

Origin of Five Races, According to Legend

The Iroquois Indians of Canada, in their efforts to account to themselves for the existence of the five races of men with which they are acquainted, have shaped the following legend:

In the beginning the Great Spirit, in order to people the earth, went about making a man of each nation. He took a lump of earth and molded it into a man. This first man was a negro.

Then he took another lump and molded another man. This was a Chinaman. Then he made an Indian in the same way and gave life to all three.

But two men, a Frenchman and an Englishman, remained to be created and no earth was at hand wherewith to make them. What was to be done? The Great Spirit reached out his arm and seized the first animals that came His way. It was a butterfly.

The Great Spirit clipped off its wings, added arms and legs and set it down in a corner of the earth. This was the first Frenchman.

twice a week, throughout the bitterest days of the "Moon of the Big Winds" the boys made the rounds of their fur packs. By December, they had trapped enough fur to wipe out the "debt" allowed them by Angus McCain in August. But although Gaspard worked hard and successfully at his trapping, he took little interest in Brock's anticipation of their return to Hungry House in the spring and the wonder their rich fur pack would arouse. He was patiently waiting for the Crees "Moon of the Crust on the Snow," when the dogs could draw provisions for three weeks, cross-country, over the wind-packed and ice-hard "going," in his heart but in no hope, one desire—the longing to learn his father's fate.

Early in February, a sudden change in the weather to a succession of still, "pouidy" days, as the old French voyageurs call days when the air, shot with minute crystals of frozen moisture, is alive with pin-point crystals of light, drove the restless Gaspard to action.

"Good wedder to travel!" he said one morning. "I tink I make a swing back nord and look for sign."

"All right, partner," agreed Brock. "I'm with you. This air makes my toes itch to move."

"You bett'ar stay," protested the halfbreed, "I go ver' fast."

"No, I'm going with you to take care of you. You're too reckless," insisted the white boy. And so it was finally arranged.

Leaving Silt-Ear and Kona loose, and securely wiring Yellow Eye and Flash, to prevent the fight which would surely follow the absence of the masters, the boys gave the dogs a gorge of caribou and started to crete the upper end of the lake, each carrying in his pack provisions for three days and a rabbit skin blanket. As they traveled in single file over the powdery new snow of the last fall, first one, then the other took the lead, for the shoes of the first man sank inches



The Keen Air, Sweet With the Tang of Spruce and Fir, Cedar and Jack-pine, Spurred the Blood in the Veins of the Travelers.

into the dry underfooting as yet un settled, and unpacked by the wind. The keen air, sweet with the tang of spruce and fir, cedar and jack-pine, spurred the blood in the veins of the travelers like a tonic. Packs, crossed rifles, and axes on backs, with a side swing of their loose arms, through the glorious winter morning the two boys put behind them the white miles of their circle through the country to the north of the lake.

"Which way do we head, tomorrow?" asked Brock, when he had cut a huge pile of birch for the night fire.

"Nord, we go to de headwater of de Carajou."

"But we don't know how far the lakes are!" demurred Brock, "and we've got only two days more grub."

The halfbreed smiled grimly at the husky boy, who dreamed an empty stomach. "We strike Carajou water today, maybe, den we circle one day east and den back south to de lake. We onlee starve de las day!" chucked Gaspard as Brock's frost-burned face pictured his dislike of a supper less camp on the fourth day of the scout.

Dusklight found the scouts headed for a low ridge which lifted from the flat country in which they had camped. As they reached the wind-hammered dwarf spruce on the shoulder of the hill and stood in an opening offering a view into the white north, Brock gasped in surprise: "By the great horned owl, there she lie! This must be the divide!"

Gaspard turned with a nod. "Ca enjot water, for sure. Dis ees de divide," he said. "Eef we follow de out let down stream, we walk into de camp of M'sieu Redbeard eh?"

"Growing pains" in children are the first warning of rheumatism, according to an expert.



A WRONG DIAGNOSIS

Doctor—What you need to do, sir, is to relax. You are overworking yourself. Too much work and worry will send any man to his grave years before his time. Remember that. Your brain is overworked. Now, just what is your occupation?

Patience—I am a member of congress. Doctor—Let me examine you; pulse again; I must have made a mistake.

A Drawing Card "Mrs. Silver, I understand you are a movie actress and that you have been happily married for ten years."

"Yes." "To one husband?" "Yes." "Wonderful. I want to make you an offer to appear in vaudeville."

WALKING CANE



"Where is my cane? Wherever I stand it, when I look for it, it's gone."

His Seat of Trouble My brother surely loved beer. He always was their friend. He used to sit upon their heels. But they stung him in the end.

The Richest Gain "I'm not in business for my health," the hard-faced man snipped out.

Running True to Form Debs—He's got a wonderful collection of old curios. It's worth while to see them.

Never Regained It Doctor—That man once lost his health, but I've guarded it now for twenty years.

You All Know Him He tried to cross the railroad track before the rushing train; they put the pieces in a sack but couldn't find the brain.

Congratulations "By the way," the stuck-up girl remarked, "Jack and Harry proposed to me last night and—"

Fifty-Fifty The Offender—Dreadful sorry I ran you down.

The Victim—It's all right. I'm just as much ashamed of being run down by a prevar flivver as you are to be driving one.

The Provident Show Girl The Soubrette—Goin' to wed that guy or leave him go an' then sue him for breach of promise?

The Show Girl—I think I'll marry him. If I get a lotta money all at once I'd likely blow it.

Necessary as the Seeds Blinks—Wait a minute, I'm going to start my garden tonight and I have to stop in the drug store.

Worse Than Spooks Bess—Are strange noises still heard in that haunted house?

Successful Demonstration "Was your radio demonstration a success?" "It was," answered Senator Sorg-hum. "I am perfectly aware it was uninteresting. But I showed I had enough influence to prevent me from being shut off."—Washington Star.

Her Politics Mixed "Is she progressive or conservative?" "I don't know. She wears a last year's hat, drives a last year's car, and lives on next year's income."



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